

Ayurvedic Anti-Allergen Blast:



- quickly defuses inappropriate immune responses that give heat and inflammation
 - helps to metabolize offending proteins
 - particularly useful for heat rashes or food allergy responses that aggravate the skin
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- wash one whole head of cilantro in water, 3x
 - cram into a blender and cover with 1L room-temp water
 - blend on high
 - strain the green juice
 - chug it over an hour
 - you can use the pulp as a poultice on heat rash, or save it for cooking

recipe courtesy Matthew Remski of Renaissance Yoga and Ayurveda visit yocoto.org for more...

Yoga Community Toronto is member based organization designed to collectively serve and support the Toronto yoga community.

Membership Benefits include:

Full access to Yoga Festival Toronto every August, Discounts at affiliated studios, Fall Roundtable Discussion, Spring Lecture, Listing in YOCOTO online network, Monthly support group meetings for students, teachers, Annual Networking Party.

Yearly Membership: \$285 plus tax.

Yoga Festival Toronto, August 20-22nd

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